

## White Torture in Torture Prison, Bern, Switzerland

### O<sub>2</sub>T

It is almost impossible for prisoners to breathe in Guantanamo (or "Gitmo" in army slang) because of filters worn over the mouth and nose; and impossible to breathe in Amtshaus high-security prison, Bern, Switzerland, because of lack of Oxygen in the atmosphere -- "white torture" is now at the height of its "art": it doesn't leave any external traces and it attacks the brain directly because, under normal circumstances, 80% of the air breathed in goes to the head, and this is medically proven.

"California Surfing" is founded on the same technique: the person is tied to a board and the head is placed under water until the subject almost dies. Consequently, a chronic lack of Oxygen is administered, as in the atmosphere at Amtshaus prison in Bern, that makes the head "co-operative": and the victim's blood will never be nourished with the appropriate amount of Oxygen.

Experts on torture around the globe agree that "awe to tea" -- the phonetic equivalent of O<sub>2</sub>T -- which is Oxygen Torture, is still the best form of torture. Phonetic transcriptions like **K9** (canine = dog squadron) are in common use in English-speaking countries. Awe (or fear) for the tea (or brew) in which the head is submerged is suggestive of the phonetic equivalent which is O<sub>2</sub>T. "Afraid of the brew" is a phrase which is not quite grammatically correct, but a small detail won't hinder the Nazis' "fun". "In awe of" is more grammatically correct, but you get the meaning. An additional "secret code" is created, almost like a secret language.

The CIA ("Cocaine Import Agency" or "Crooks In Action") emphasise the practicality of improvising in the field of O<sub>2</sub>T by merely using a toilet, a bucket full of water, some tape or a plastic bag.

Before, in history, the extraction of "intelligence" was obtained by slashing, cutting, sawing, hanging, hitting, pulling out, chopping and electro-shocking, but always confronting the victim with the possibility of a heart-attack, while heart-rate lowering drugs were administered. So, here is why O<sub>2</sub>T is considered "perfect": because any signs and short-term side-effects are avoided.

In Switzerland, several foreigners were deliberately assassinated by the state through O<sub>2</sub>T by taping them onto swivel-chairs and taping the nose and mouth, leaving only a straw to breathe through. Being made to wear a motor-cycle helmet for total O<sub>2</sub>T, the victims had a 4mm straw to breathe through in order to cling to life. They were put on flights to mostly Muslim 3<sup>rd</sup> world countries, in a similar fashion to the actual kidnappings of 3<sup>rd</sup> world citizens and trans-flights all over the world by members of the "firm" ("The Green Slime" in army terms).

"Death By Asphyxiation" is also a state-planned murder by O<sub>2</sub>T. One dies through every muscle in the body being totally exhausted, thereby leaving the chest muscles unable to expand and retract until the victim suffocates.

In secret service manuals by the military counter-intelligence, there is a measure of Oxygen-component gas pressure known as "kilo Pascal" (kPa), should

the case arise that doctors or scientists need to control the Oxygen pressure in the air at a military base. It is believed that severe brain damage occurs through prolonged exposure to Oxygen gas pressure levels below 8.0 kPa, yet the manuals state that in extreme cases of "National Security", these levels can be dropped further.

In the manuals, it is pointed out that the direct consequences of **O<sub>2</sub>T** are "Tissue Hypoxy" with "Anaerobic Glycolysis", which, without counter measures, can lead to blood poisoning and internal bleeding from the lungs. This was the case with Mr Abdi Daud, who was murdered by the Swiss State on 24<sup>th</sup> March 2008, in the extraditionary penitentiary of Kloten.

A "Hypoxy" is a lack of Oxygen in the organ's tissues caused by **O<sub>2</sub>T**. Therefore the organism starts to burn up sugars without the aid of Oxygen. Lactic acids are produced by a chemical process called "Glycolysis", a chemical breakdown of Glucose into Lactic Acids under anaerobic conditions, that is, without air. The final outcome of this chemical process is known as "Lactic Acidosis": this is what the diagnosis would be as a result of the murderous **O<sub>2</sub>T**.

Let it be known, furthermore, that day and night in the Kloten penitentiary, prisoners breathe the kerosene exhaust fumes of the aeroplanes, which together with Oxygen deprivation, consequently leads to chronic hypoxy; and in addition to Abdi Daud's complaints of arthritis, blood poisoning has to be considered a consequence of Lactic Acidosis caused by **O<sub>2</sub>T**. And the Authorities are very well aware of it, as the international co-operation of all secret services has been established in order to try to suppress this information.

## **NonFacitPugnumDigitoUno**

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## **O<sub>2</sub>T and Chronic Accumulation**

With **O<sub>2</sub>T**, the subject is being severely tortured in every cell of his body, though damage is not immediately apparent from the outside, as is the case with American "water-boarding". Water-boarding is one of the many forms of **O<sub>2</sub>T** by which -- as with all forms of **O<sub>2</sub>T** -- the inflicted damages are incurable, because the dying of brain cells cannot be reversed. Also, after the termination of the torture, as if after the flicking of a switch (when Oxygen returns to the blood), the organism does not stop degenerating, and cells continue to die. Through drastic increase of stress, panic and fear, through fear of slowly suffocating, the process of cell degeneration will continue at an increased rate. As if a process of cell metabolism has been interrupted, the internal processes of the victim's cells, even after many years, will continue to degenerate.

Despite the fact that **O<sub>2</sub>T** belongs to those known as "slow tortures", the consequences are beyond repair and invisible externally -- this is its most insidious aspect -- and is also characterised by "chronic accumulation", whereby the effect

builds up over time, because the longer the elapsed time over which torture has taken place, the more tired and saturated the victim's organs will gradually become. Thus on a daily basis, the consequences of **O<sub>2</sub>T** torture are far more devastating after 6 months' exposure than after 2 weeks' exposure. In the beginning, the victim's body cells still offer some resistance to destruction, and Oxygen levels remain at a reasonable level, but eventually, at the cellular level, all resistance will be broken, and at the same time the victim's psychological resistance will be broken. This is the time when "extraction" (military intelligence terminology for questioning) can begin.

Due to the destruction of cells by lack of Oxygen, premature ageing can be seen on the victim, such as hair going grey, just as one may expect to see on someone suffering from a cancer condition.

Naturally, the unimaginable sufferings of a foreign victim is of no importance to fanatic Swiss Nazis of the notorious SVP and others; and in a similar way, intense political indoctrination and enhanced specialised training may render a US specialised intelligence officer to be a perfect killing-machine robot without any remnant of conscience or compassion -- the expression of a demonically possessed "Satanic Super-soldier".

The enemy, a terrorist or black SVP sheep, just deserved to be destroyed; and in this it is apparent that ethics and human rights are in fact non-existent, whereas in cases that are relatively mundane and futile, ethics and human rights are being thrust upon us.

It has been statistically proven that the best extraction and clearing rates are being obtained through **O<sub>2</sub>T**, and around the torture prison in Bern, the Swiss justice department is well aware of it. When in Summer time, through inadequate differences in air temperature, air currents are practically non-existent in the penitentiary, then the effects of **O<sub>2</sub>T** are most dreadful, causing many victims to be "suicided".

In Bern, there is talk of real experiments on humans going on, as though through total nepotism, you may find that all the following are insiders to and beneficiaries of this degenerated corruption of the Justice Department: Lawyers, Securitas Suisse (the SS), those who transport the victims, they who deliver supplies and food, who build the prisons, architects, construction companies, psychiatrists, psychologists, hospitals, pharmaceutical industry with its pills, puppet politicians with their empty promises; an endless list of corruption. These Swiss especially like to murder defenseless people like refugees and Palestinians. In addition to many others, they murdered the 27 year old, Khaled Abuzarifa from Gaza, on 4<sup>th</sup> March 1999 by "Ultimate **O<sub>2</sub>T**" (code for "death by suffocation").

The tides will turn for the CIA and the Swiss Nazis: today's torturers may be tomorrow's victims, whereas the responsibility for these crimes against humanity won't be limited only to the torturers.

### **Non Facit Pugnum Digito Uno**

**Dr. Sdf. Sean Hross, 60 Les Pres Dessous, 2364 St.-Brais,  
Republic of Jura, Switzerland. t: +41 (0)31 8590557**

## **Tiocfaidh Ar La**

"He that leadeth into captivity shall go into captivity: he that killeth with the sword must be killed with the sword. Here is the patience and faith of the saints."  
[REVELATION 13]

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